

BEGINNING WITH HERBS

MEDICINE MAKING IN THE TWENTY FIRST CENTURY

with Jane Bothwell

September 23 – November 18, 2009

Wednesdays: 7:00 - 9:30 p.m.

Location: Moonrise Herbs, 826 G St., Arcata (707) 822-5296

Tuition: \$325.00 (includes samples).

To register send a check or money order for the full tuition to the address below or register online.

Credit cards are accepted online at www.dandelionherb.com.

This course covers herbal first aid, preparation and use of herbs, wild plant identification, herbal remedies for common imbalances, herbal formulation and wild foods.

Each class will be a combination of lecture/discussion and “hands-on” activities. We will prepare a number of herbal products and you will each have samples to take home.

Designed for the beginner and those with more experience as well, this class will guide you through the gentle, healing way of herbs. Class will be held at Moonrise Herbs in Arcata on the plaza.

Sept. 23: Introduction to the healing way of plants and the art of tea preparation

Sept . 30: Herbal oil and salve preparation and use

Oct. 7: No class

* **Oct. 11:** Herb Walk - Dandelion Herbal Center Sunday 1:00 - 3:30 p.m.

Oct. 14: Tinctures and liniments, their many uses and preparations

Oct. 21: Building herbal formulas.

Oct. 28: Herbal first aid and poultices and fomentations

* **Nov. 1:** Herb Walk- Elk Head Sunday 1:00 - 3:30 p.m:

Nov. 4: More on first aid and the art of pill preparation

Nov. 11: Herbs for common imbalances and syrup preparation

Nov. 18: More on herbs for common imbalances, class review and party.

- We will meet at 6:30 and have a potluck dinner and class

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Blessed be our journey with much
appreciation to the plants!